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Parent Education Talk

PLAY:

**A TOOL PARENTS
NEED TO USE FOR
CHILDREN'S DEVELOPMENT**

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PLAY

- Play occurs mentally
- Children are always ready to play
- Play forms the foundation of early childhood education, as early as from infancy

Agenda of this Talk

01

Unique Features
of Free Play

02

Importance
of Free Play

03

Practical Skills
to Promote
Free Play

WHAT IS PLAY?

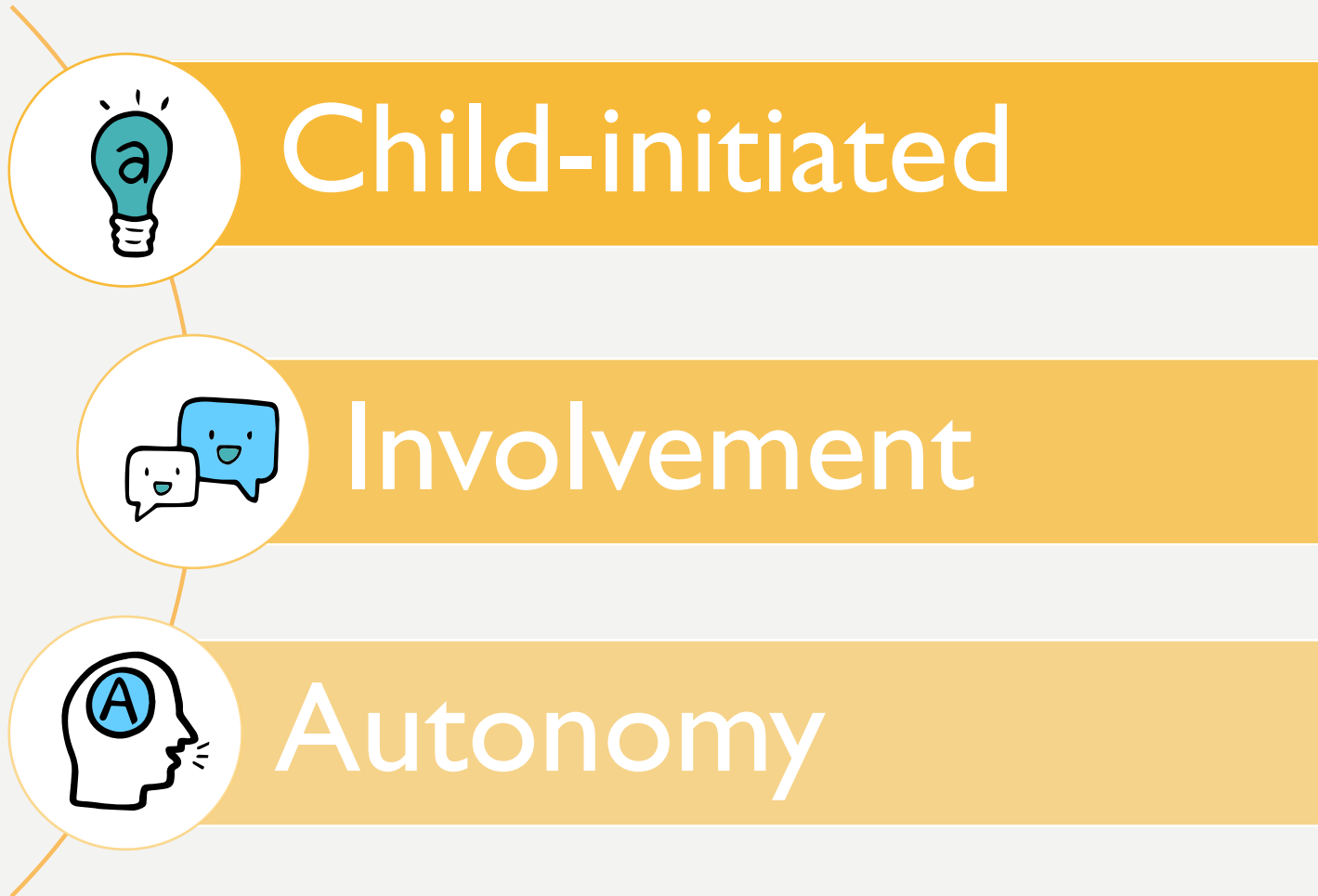
“A physical or mental leisure activity that is undertaken purely for enjoyment or amusement .”

(Hughes, 2010)

PLAY implies.....

- enjoyment, happiness, pleasure... all positive words
- a variety of activities and experiences that can be observed not only in children, but also in adults
- the natural vehicle by which young children learn

UNIQUE FEATURES OF FREE PLAY



(Bruce, 2011)

Child-initiated

- Children/personally directed behaviour
- Children cannot be made to play
- Children construct and control the play, and may change the direction of the play

Involvement

Play is children's "work" –

- They should concentrate on their play
- With no intention of learning something, or improving any skills
- Just want to gain a deep sense of enjoyment

Autonomy

Children's motivation to play

- Children play because they want to, they find it rewarding or satisfying; not because they want to please others, or to learn something.

Autonomy

Children should be allowed to

- choose whether or not to play, and how to play
- create their own play to meet their own needs and desire
- establish the rules of the play
- shape the play as they go – they may change the characters, events, objects, or location, and direct their own actions during play

Play that is child-initiated, with involvement and autonomy

Children when playing:

- very focused on own tasks
- deeply involved in what they are doing
- controlling what they are doing
- initiating the play time

EXAMPLES OF PLAY

Constructive play

Dramatic play

Exploratory play

Constructive Play

- about constructing or making something

Dramatic Play

- the child to reflect on what they experienced in the real world and everyday life
- take on roles and act them out with own thoughts and expression

Exploratory Play

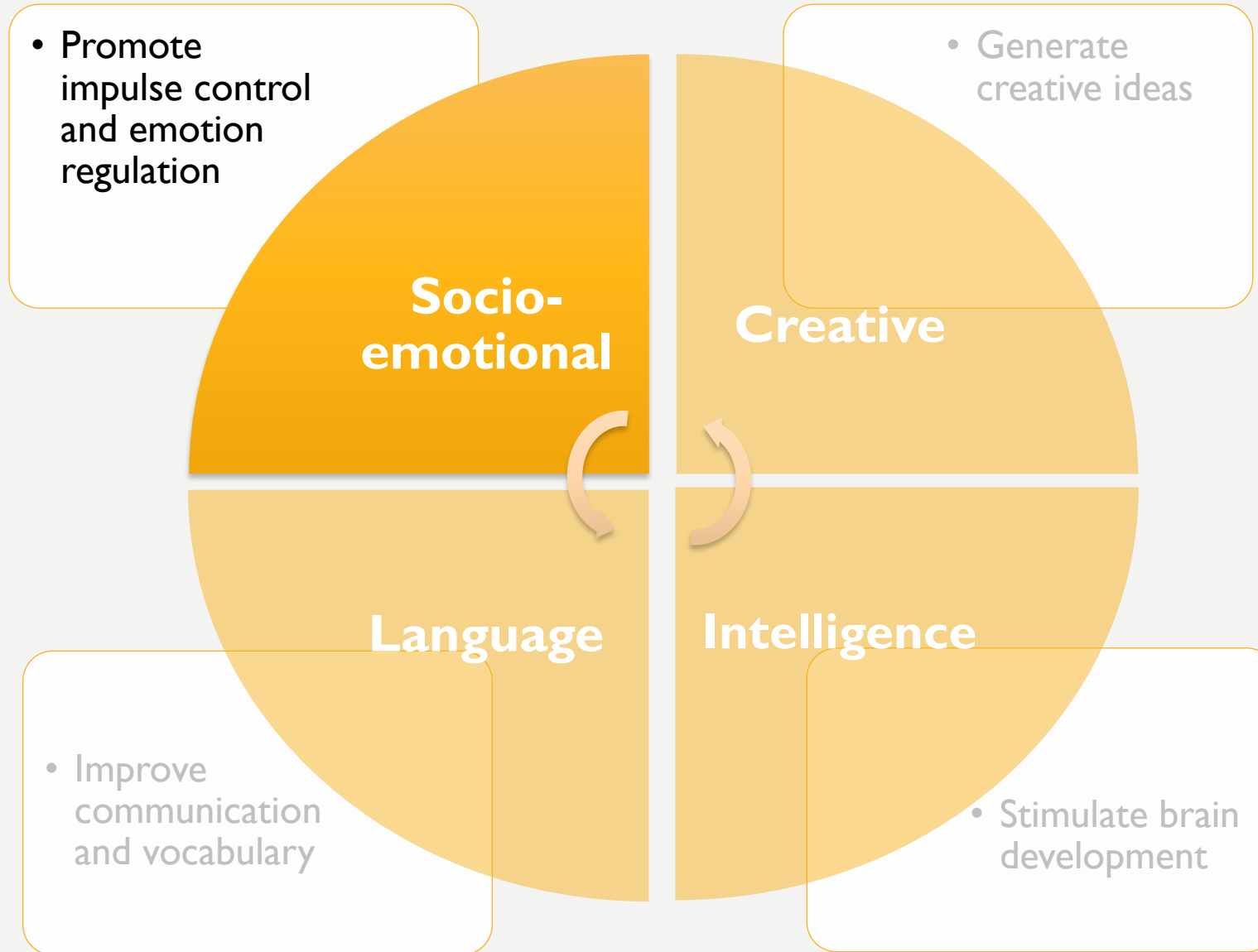
- hands-on exploration – the child examines objects or investigate topics by using different senses
- children can play safely under parents' supervision
- can enhance children's sensory skills, creative and critical thinking

IMPORTANCE OF FREE PLAY

Play –

The learning outcomes or benefits occur naturally, not planned.

IMPORTANCE OF FREE PLAY

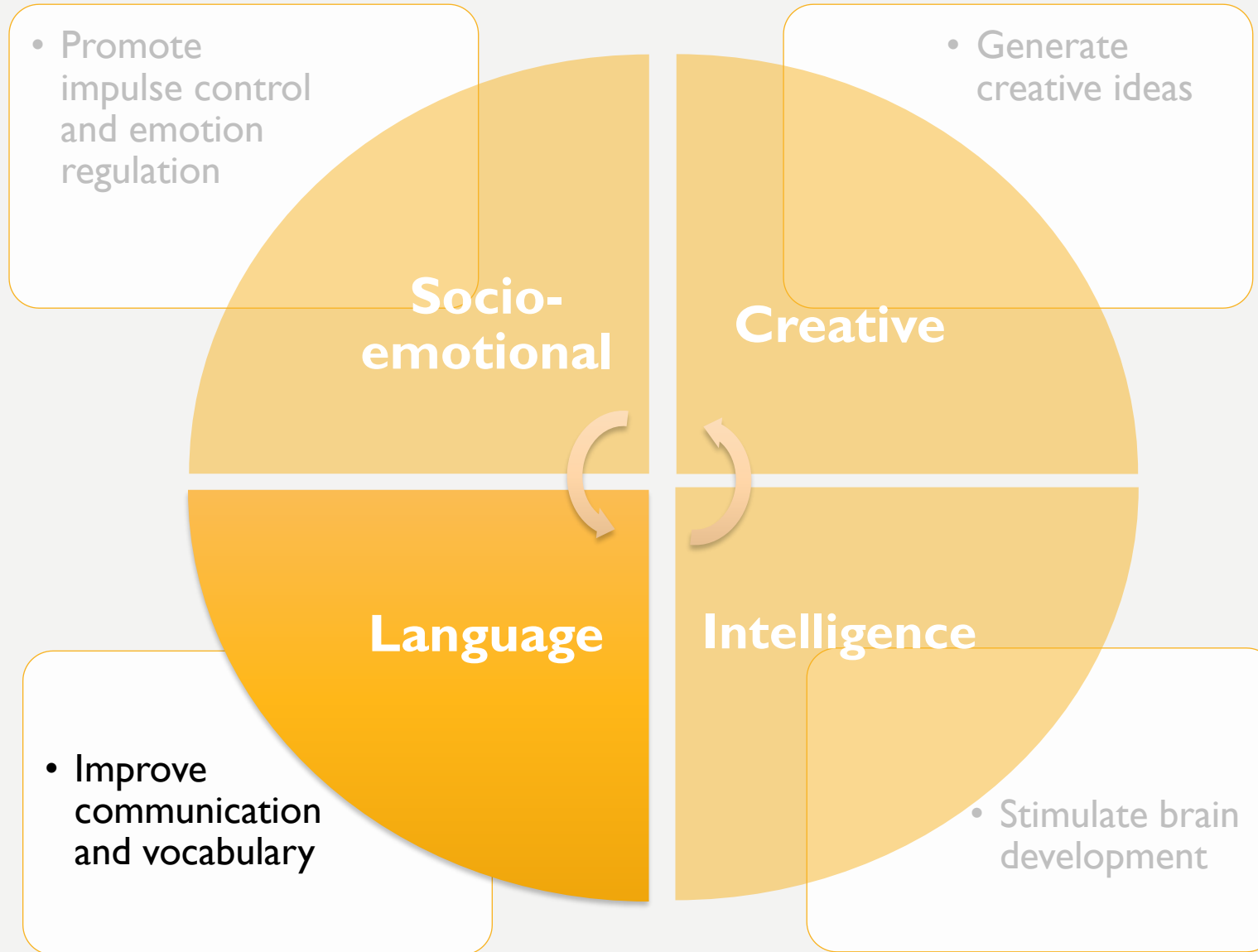


Socio-emotional

Play promotes impulse control and emotion regulation

- In play time, children have the opportunity to learn about themselves and others
- Children can try out different ways of dealing with social situations, and try on feelings, emotions, and social moves, and learn the social rules.

IMPORTANCE OF FREE PLAY

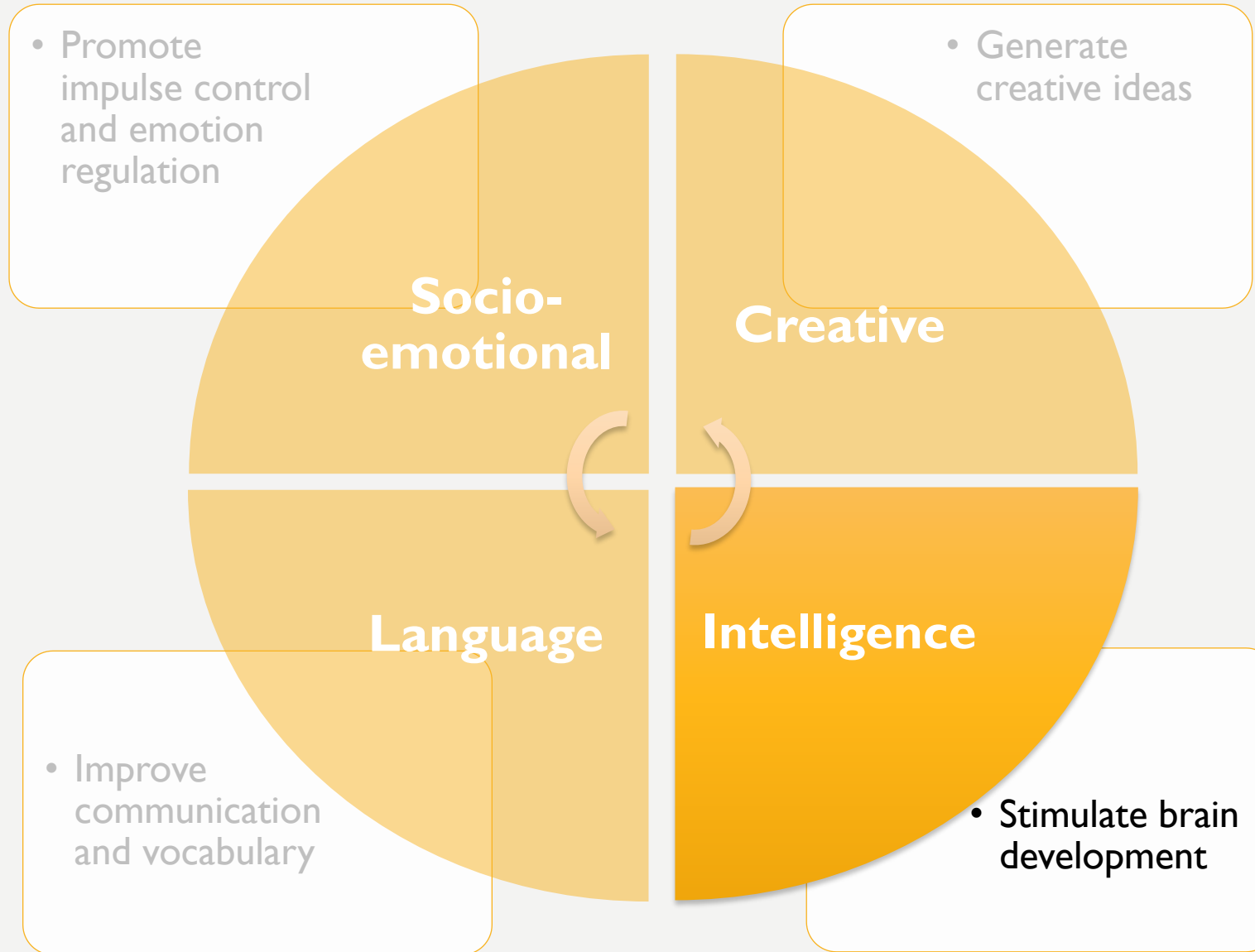


Language

Play improves communication and vocabulary

- Play offers opportunity for the development of language skills in relation to vocabularies, pronunciation, sentence construction, and transmission of meaning and content.
- Children can observe others' facial expression, and actively listen to others

IMPORTANCE OF FREE PLAY

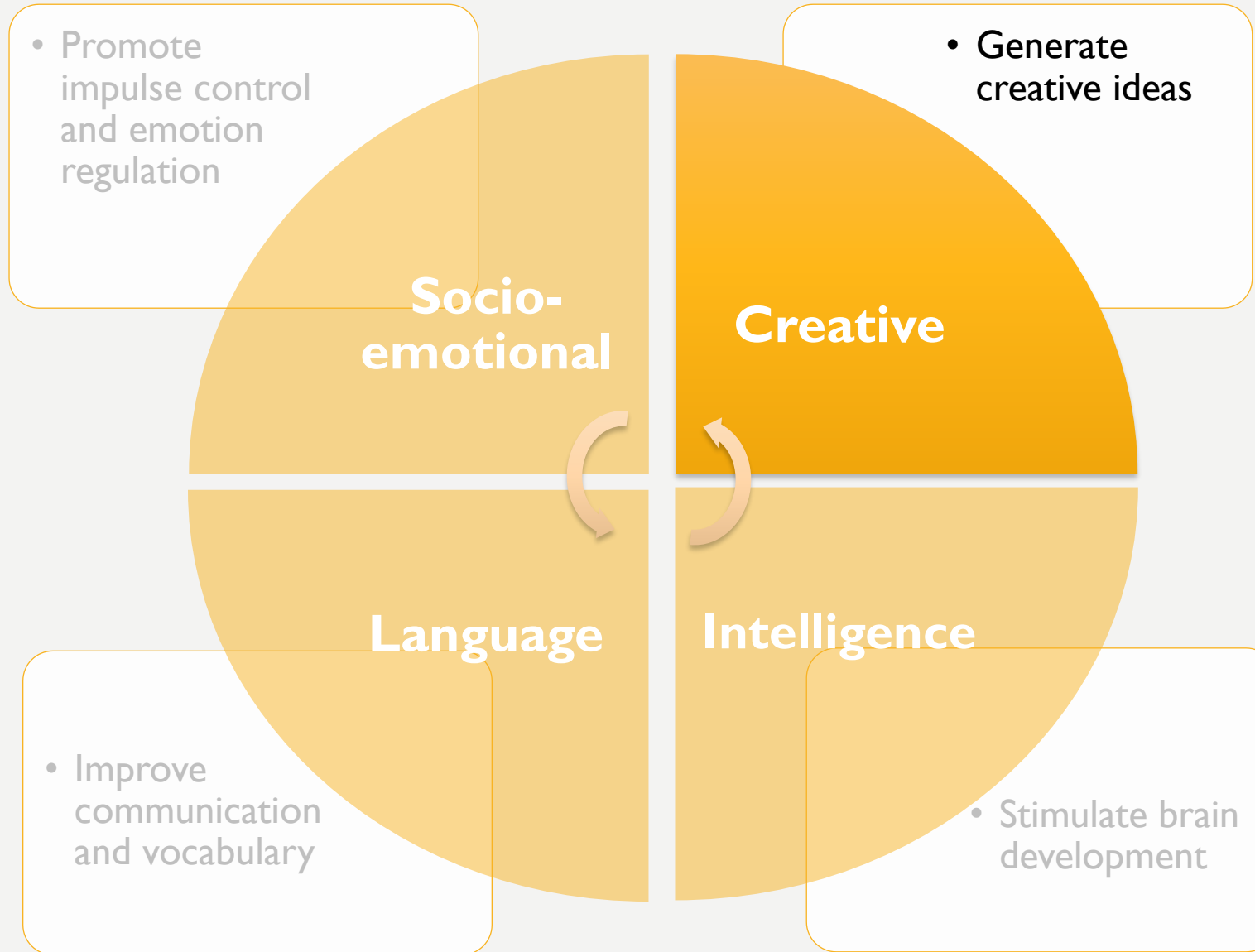


Intelligence

Play can stimulate brain development

- Play offers opportunity to learn about objects, concepts, and ideas
- Children develop problem-solving strategies, and allow one thing to stand for something else
- Children actively think of solutions in order to achieve own goals

IMPORTANCE OF FREE PLAY

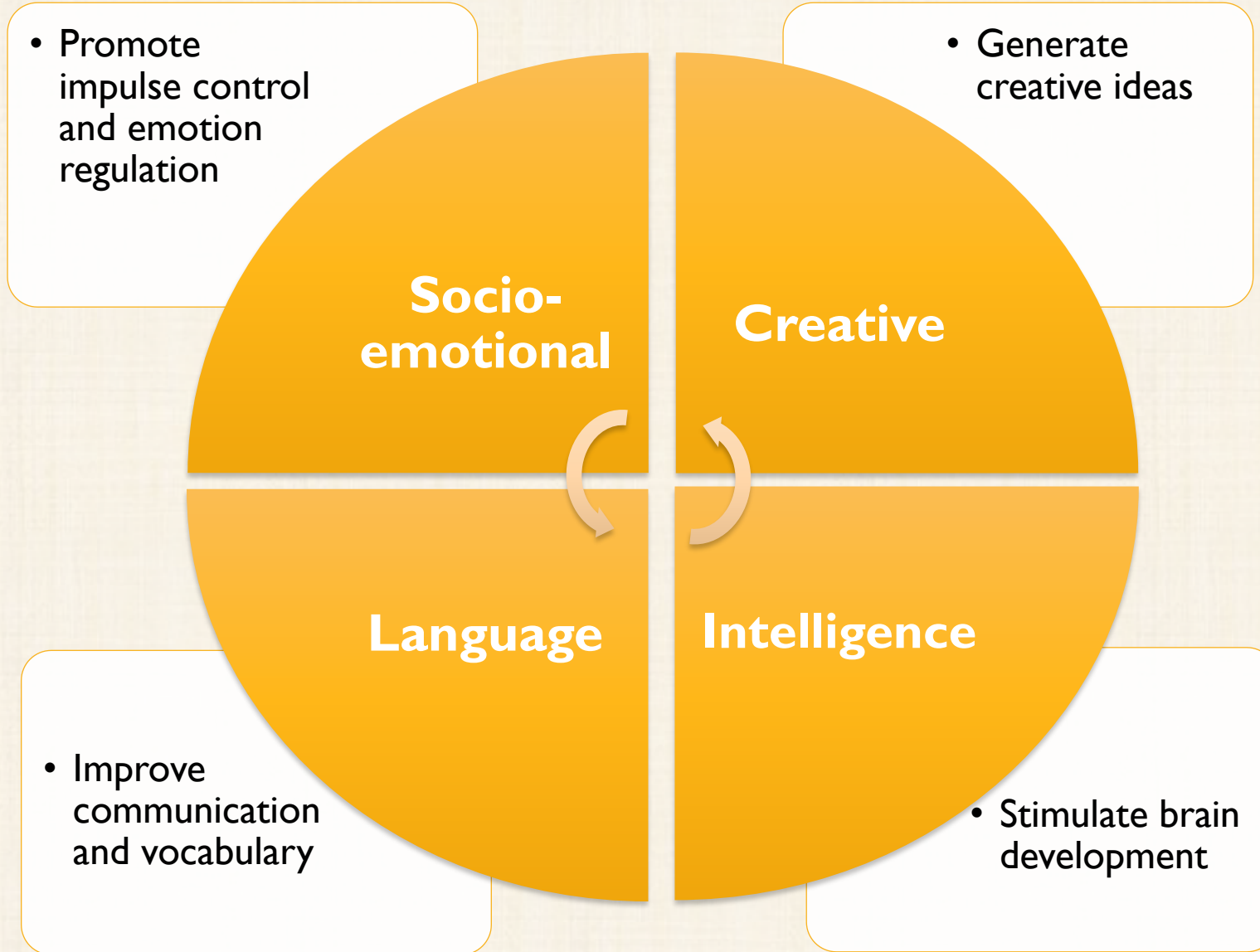


Creative

Play helps generate creative ideas

- Children will think during play, or have a storyline for the play. They may change the play, or lead to other stuff and thereby enhance their creativity.

IMPORTANCE OF FREE PLAY



Importance of Free Play

Play can help in promoting children's development in different aspects

- Motor movements and coordination
- Visual ability
- Increased aerobic activities that promote physical health and fitness in terms of the cardiovascular system, muscle tone, weight and height
- Brain development

Some may think that:

- Play has to have a purpose
- Play is a waste of instructional time

In fact:

- Play allows children's imagination to run really wild
- Play has numerous benefits for the learners

LEARNING THROUGH PLAY AT HOME

Play encourages communication

Play improves cognitive development

Play encourages relationship building

(Wheeler, Connor, & Goodwin, 2009)



PRACTICAL SKILLS TO PROMOTE FREE PLAY

Play can expand children's **critical thinking** and **creativity**.

(Goodliff, 2018)

- Play is not like ordinary type of learning, e.g. doing homework, revision, or anything that is related to practice.
- When playing, children expand their critical thinking skills while gaining the ability to adapt and be flexible.

Children can use the **objects**
surrounding them to encourage **play**.

(Santer, Griffiths, & Goodall, 2007)

- Toys have their values, yet some toys have their specific ways to be played with, allowing little room for change and limiting children's imagination.
- Children can play with anything, anywhere.
 - The best toy is actually around you.
 - Getting toys with no rules help enhance creativity.
 - Use whatever you have to boost imagination and creativity.
- Buy toys that allow your child to use imagination to play with, e.g. dress-up books, dolls, blocks.

PRACTICAL EXAMPLE

- Play may require little space and little clearing up time.
- Messy play can be under control
 - get ready with tools that may help in keeping things tidy or in restricted areas
 - control the portion and the time – give out the play materials little by little, not all at one go
- Most important thing – the time you spend with the child. It needs patience, communication, exchange of ideas, so that you both enjoy and have fun.

Sometimes play only requires **little**
space and **little** clearing up.

(Goodliff, 2018)



ANY QUESTIONS?

**As learning can
take place in play,
the lesson of play
extends far beyond
childhood.**

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~THANK YOU~